

South Dakota National Guard

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FOR IMMEDIATE RELEASE:

Girl Scouts honor Soldiers with Distinctive Woman of Service Award

By Sgt. 1st Class Theanne Herrmann
SDNG Public Affairs Office

RAPID CITY, S.D. – Girl Scouts-Dakota Horizons honored a select group of women in recognition of their community leadership at their 21st Annual Women of Distinction Event, May 14, at the Rushmore Plaza Holiday Inn. This year, three South Dakota Army National Guard Soldiers were presented with the Distinctive Women of Service Award.

The Distinctive Woman of Service Award, which recognizes a member or employee of the U.S. Armed Forces who strives to make the world a better place and has made a contribution of time and support to the community, was presented to Sgt. 1st Class Carolyn Tedford, Sgt. Rachel Sirignano and Maj. Rebecca Trygstad.

Tedford, who has served in the military for the past 30 years, currently serves as a regional recruiter who enlists members of the community to serve in the Army National Guard as doctors, dentists, attorneys and pastors.

"I'm inspired to serve by what Theodore Roosevelt used to say, 'This country will not be a good place for any of us to live in, unless we make it a good place for all of us to live in,'" said Tedford.

Serving in the military is one way Tedford lives up to Roosevelt's belief.

"The military gives us a quest to better ourselves," said Tedford. "I enjoy being a role model for young girls and my fellow women Soldiers. It's important to mentor and give guidance to others."

Outside of the Guard, Tedford volunteers at the community plant share to help educate the public through the Pennington County Master Gardening program.

Sirignano has been a member of the SDARNG's Company C, 1st Battalion, 189th Aviation Regiment for the past 10 years as a flight medic and works full time as an emergency medical technician in Sturgis.

"I nominated Sgt. Sirignano because she is always willing to volunteer for extra tasks and responsibilities," said Sgt. Courtney Tyrrell, a fellow Guardsman. "As a flight medic and EMT, she has thrived in an environment that is still predominately male. She is an example that women can do the same job at the same level of excellence as their male counterparts."

Trygstad, has been a member of the SDARNG for the past 18 years and she currently serves as the 139th Brigade Support Battalion administrative officer.

“I believe that it is important to be an active member of your community,” said Trygstad. “We each have a role to play in making our community the best it can be whether that is volunteering at your local school district, being actively involved in local organizations, or just volunteering your time at a local event.”

In addition to her National Guard duties, Trygstad serves as the president for the Brookings County Veterans Affairs Committee, State and National Guard Associations of the United States, volunteers as an instructor for the South Dakota State University ROTC program, and helped pilot the Junior Achievement program at Sioux Valley Elementary for the past three years.

“I think as adults, we are inspire our youth by being a role model who respects and serves others,” said Trygstad. “There are many youth programs that offer an opportunity to serve, whether that is Girl Scouts, Boy Scouts or 4-H. The youth that participate in these organizations learn a sense of responsibility, hard work, community service and develop leadership skills that are key to their success in the future.”

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High resolution photos are available at www.flickr.com/photos/southdakotationalguard



150514-Z-ZZ999-001: From left: South Dakota Army National Guard members Sgt. 1st Class Carolyn Tedford, Sgt. Rachel Sirignano and Maj. Rebecca Trygstad receive the Distinctive Woman of Service Award at the Girl Scouts-Dakota Horizons Women of Distinction Event, May 14, 2015, at the Rushmore Plaza Holiday Inn, Rapid City, S.D. The Soldiers received the award that recognizes a member or employee of the U.S. Armed Forces who strives to make the world a better place and has made a contribution of time and support to the community. (Army National Guard file photo/Released)

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